


# RACELAND



# JANUARY 2019

**WHATEVER  
YOUR GOAL  
WE CAN  
MAKE IT  
HAPPEN**



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|--|--|--|---|--|--|
|  |   | <p><b>2.</b><br/>5:00am BP Brandy<br/>8:40am BP Trenda<br/>10:00 SS Congetta<br/>5:30pm BP Kassie<br/>5:30pm Kids Shred Steph<br/>6:20pm Sprint Rhonda</p> | <p><b>3.</b><br/>5:00am BS Brittany<br/>8am Exp Sprint Rhonda<br/>8:40am BC Stacie<br/>9:25am CX Tracy<br/>5:30pm Exp BA Kristy<br/>6:15pm CX Kristy<br/>6:45pm BF Deanna/<br/>Meagan</p> | <p><b>4.</b><br/>5:00am BP Sarah<br/>8:40am BA Trenda<br/>10:00 SS Kassie</p>  | <p><b>5.</b><br/>8am Sprint Rhonda<br/>8:30am BS Brittany</p>              |
| <p><b>7.</b><br/>5:00am BC Brittany<br/>8:40am BP Trenda<br/>10:100 SS Congetta<br/>5:30pm BP Brandi<br/>6:20pm Sprint Kensie</p>  | <p><b>8.</b><br/>5:00am BA Kelli<br/>8:40am BS Lana<br/>5:30pm Exp BC Brandi<br/>6:15 PM CX Kristy<br/>6:45pm BF Nicolle/Meagan</p>  | <p><b>9.</b><br/>5:00am BP Brandy<br/>8:40am BP Mary<br/>10:00 SS Congetta<br/>5:30pm BP Kassie<br/>5:30pm Kids Shred Steph<br/>6:20pm Sprint Kensie</p>   | <p><b>10.</b> 5:00am BS Brittany<br/>8am Exp Sprint Rhonda<br/>8:40am BC Stacie<br/>9:25am CX Tracy<br/>5:30pm Exp BA Kristy<br/>6:15pm CX Kristy<br/>6:45pm BF Deanna/Dani</p>           | <p><b>11.</b><br/>5:00am BP Sarah<br/>8:40am BA Trenda<br/>10:00 SS Kassie</p> | <p><b>12.</b><br/>8am Sprint Rhonda<br/>8:30am BF/CX Deanna/<br/>Tracy</p> |
| <p><b>14.</b><br/>5:00am BC Brittany<br/>8:40am BP Trenda<br/>10:00 SS Congetta<br/>5:30pm BP Brandi<br/>6:20pm Sprint Alea</p>    | <p><b>15.</b><br/>5:00am BA Kelli<br/>8:40am BS Lana<br/>5:30pm Exp BC Brandi<br/>6:15 PM CX Kristy<br/>6:45pm BF Nicolle/Meagan</p> | <p><b>16.</b><br/>5:00am BP Brandy<br/>8:40am BP Mary<br/>10:00 SS Congetta<br/>5:30pm BP Kassie<br/>5:30pm Kids Shred Steph<br/>6:20pm Sprint Lance</p>   | <p><b>17.</b><br/>5:00am BS Brittany<br/>8am Sprint Lance<br/>8:40am BC Stacie<br/>9:25am CX Tracy<br/>5:30pm Exp BA Kristy<br/>6:15pm CX Kristy<br/>6:45pm BF Deanna/<br/>Meagan</p>     | <p><b>18.</b><br/>5:00am BP Sarah<br/>8:40am BA Trenda<br/>10:00 SS Kassie</p> | <p><b>19.</b><br/>8am Sprint Alea<br/>8:30am BA Trenda</p>                 |
| <p><b>21.</b><br/>5:00am BC Brittany<br/>8:40am BP Trenda<br/>10:100 SS Congetta<br/>5:30pm BP Brandi<br/>6:20pm Sprint Alea</p>   | <p><b>22.</b><br/>5:00am BA Kelli<br/>8:40am BS Lana<br/>5:30pm Exp BC Brandi<br/>6:15 PM CX Kristy<br/>6:45pm BF Nicolle/Meagan</p> | <p><b>23.</b><br/>5:00am BP Brandy<br/>8:40am BP Mary<br/>10:00 SS Congetta<br/>5:30pm BP Kassie<br/>5:30pm Kids Shred Steph<br/>6:20pm Sprint Lance</p>   | <p><b>24.</b><br/>5:00am BS Brittany<br/>8am Sprint Lance<br/>8:40am BC Stacie<br/>9:25am CX Tracy<br/>5:30pm Exp BA Kristy<br/>6:15pm CX Kristy<br/>6:45pm BF Deanna/Dani</p>            | <p><b>25.</b><br/>5:00am BP Sarah<br/>8:40am BA Trenda<br/>10:00 SS Kassie</p> | <p><b>26.</b><br/>8am Sprint Lance<br/>8:30am BC Brandi</p>                |
| <p><b>28.</b><br/>5:00am BC Brittany<br/>8:40am BP Trenda<br/>10:100 SS Congetta<br/>5:30pm BP Brandi<br/>6:20pm Sprint Kensie</p> | <p><b>29.</b><br/>5:00am BA Kelli<br/>8:40am BS Lana<br/>5:30pm Exp BC Brandi<br/>6:15 PM CX Kristy<br/>6:45pm BF Nicolle/Meagan</p> | <p><b>30.</b><br/>5:00am BP Brandy<br/>8:40am BP Mary<br/>10:00 SS Congetta<br/>5:30pm BP Kassie<br/>5:30pm Kids Shred Steph<br/>6:20pm Sprint Rhonda</p>  | <p><b>31.</b><br/>5:00am BS Brittany<br/>8am Exp. RPM Angela<br/>8:40am BC Stacie<br/>9:25am CX Tracy<br/>5:30pm Exp BA Kristy<br/>6:15pm CX Kristy<br/>6:45pm BF Deanna/<br/>Meagan</p>  |  |  |

## Classes

**BP BODYPUMP**

**BS BODYSTEP**

**BA BODYATTACK**

**BC BODYCOMBAT**

**BF BODYFLOW**

**CX CXWORK**

**RPM CYCLING**

**SS Silver Sneakers**

**Sprint HIIT Training**

**(XP) = 30-45 min. class**

## **Workouts in a pinch!**

WHAT IS HIIT?

HIIT is a training idea in which low to moderate intensity intervals are alternated with high intensity intervals.

HIIT can be applied to running or to exercises such as squatting. HIIT is considered to be much more effective than normal cardio because the intensity is higher and you are able to increase both your aerobic and anaerobic endurance while burning more fat than ever before.



**POST YOUR CALORIE BURN AND  
TIME TO THE WORKOUT CO  
FACEBOOK PAGE.**